

VHS - CONTACTS AND INFORMATION

Sport/Activity: Cheer

For more information, please see also the "Activity Disclosure Statement" for this sport/activity.

Head Coach: McKenna Hardy

• Email: mchardy@dsdmail.net

Phone: mchardy@dsdmail.net

Assistant Coaches:

• Marshall Underwood

• Courtney Eames

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Tryout Information:

• NOTE: A current physical will be required prior to tryouts or participation in this sport/activity.

• Tryouts Required: YES NO

• Dates: 3/31/23

• Times: 4pm-10pm

• Location: Viewmont High School Gymnasium

Season Schedule: See attached.

Extended Travel:

• NOTE: Up to \$2,000 can be charged to participating students for extended travel related to a team/group. Our sport/activity could possible travel.

• Do you plan to travel with this team/group: YES NO

• Tentative Month of Travel: February 2024

• Tentative Price of Travel: \$2000

Fundraisers:

Fundraiser #1: Golf Tournament

Purposes for fundraising: • In-State competition fees

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Fundraiser #2: Mini Cheer

Purposes for fundraising: • Competition flags, bows, signs, props, etc.

• Team Christmas Banquet

Fundraiser #3: Powder Puff

Purposes for fundraising: • Team street and competition shoes

• Decorations and funding for the sheethearts dance

Fundraiser #4: Sweethearts Dance

Purposes for fundraising: • Nationals competition fees

• Team end-of-year banquet

Fundraiser #5: _____

Purposes for fundraising: • _____

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APRIL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday NN
						1
2 SPRING BREAK	3 SPRING BREAK	4 SPRING BREAK	5 SPRING BREAK	6 SPRING BREAK	7 SPRING BREAK	8 SPRING BREAK
9	10	11	12 Mandatory Parent Meeting 5-6pm in the Library, cheerleader and at least one guardian must be in attendance Practice 6:30-8:30pm	13	14	15
16	17 Uniform Fitting 3pm Mandatory Parent Meeting 5-6pm in the Library for the Golf Tournament, cheerleader and at least one guardian must be in attendance	18	19 Practice 6:30-8:30pm	20	21	22
23	24	25	26 Practice 6:30-8:30pm	27	28	29

MAY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	1	2	3 Practice 6:30-8:30pm	4	5	6
7	8 SAFETY CLINIC !!	9 SAFETY CLINIC !!	10 Practice 6:30-8:30pm	11	12	13
14	15	16	17 Practice 6:30-8:30pm	18	19	20 GOLF TOURNA MENT !!
21	22 MORATORIUM NO CHEER	23 MORATORIUM NO CHEER	24 MORATORIUM NO CHEER	25 MORATORIUM NO CHEER	26 MORATORIUM NO CHEER	27
28	29 MORATORIUM NO CHEER	30 MORATORIUM NO CHEER	31 MORATORIUM NO CHEER			

JUNE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 MORATORIUM NO CHEER	2 MORATORIUM NO CHEER	3
4	5	6 Practice 7-9am (On the track)	7 Practice 7-9am (On the track)	8 Practice 7-9am (On the track)	9	10
11	12	13 Practice 7-9am (On the track)	14 Practice 7-9am (On the track)	15 Practice 7-9am (On the track)	16	17
18	19	20 Practice 7-9am (On the track)	21 Practice 7-9am (On the track)	22 Practice 7-9am (On the track)	23	24
25	26	27 Practice 7-9am (On the track)	28 Practice 7-9am (On the track) TEAM PICTURES 4-9pm	29 Practice 7-9am (On the track) CHEER CHRISTMAS 10-10:30am	30	1 4th of July Carnival

JULY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 Fourth of July Parade	5	6 CHEER CAMP (at USA)	7 CHEER CAMP (at USA)	8 CHEER CAMP (at USA)
9	10	11 Practice 7-9am (On the track)	12 Practice 7-9am (On the track)	13 Practice 7-9am (On the track)	14	15
16	17 MORATORIUM NO CHEER	18 MORATORIUM NO CHEER	19 MORATORIUM NO CHEER	20 MORATORIUM NO CHEER	21 MORATORIUM NO CHEER	22
23	24 MORATORIUM NO CHEER	25 MORATORIUM NO CHEER	26 MORATORIUM NO CHEER	27 MORATORIUM NO CHEER	28 MORATORIUM NO CHEER	29
30	31					

AUGUST

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Choreography Week Practice 8am-12pm (In one of the gyms)	2 Choreography Week Practice 8am-12pm (In one of the gyms)	3 Choreography Week Practice 8am-12pm (In one of the gyms)	4	5
6	7	8 Practice 7-9am Practice 6-8pm (On the track)	9 Practice 7-9am Practice 6-8pm (On the track)	10 Practice 7-9am Practice 6-8pm (On the track)	11 Friday Night Lights??	12
13	14	15 Practice 7-9am Practice 6-8pm	16 Practice 7-9am Practice 6-8pm	17 First Day of School	18 Practice 7-8:30am Team Lunch 11:55 Football @7	19
20	21 Competition Practice 6-8pm	22 Practice 7-8:30am	23 Competition Practice 6-8pm	24 Practice 7-8:30am	25 Team Lunch 11:55 Football @7	26
27	28 Practice 7-8:30am Competition Practice 6-8pm	29	30 Practice 8-9:30am Competition Practice 6-8pm	31		

SEPTEMBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Practice 7-8:30am Team Lunch 11:55 Football @7	2
3	4 LABOR DAY No School	5	6 Practice 8-9:30am Competition Practice 6-8pm	7	8 Practice 7-8:30am Team Lunch 11:55 Football @7	9
10	11 Competition Practice 6-8pm	12 Practice 7-8:30am Powder Puff Practice 3:30-4:30pm	13 Competition Practice 6-8pm	14 Practice 7-8:30am Powder Puff Practice 3:30-4:30pm	15 Team Lunch 11:55 Football @7	16 Powder Puff Practice 10:00-11:00am
17	18 Practice 7-8:30am Powder Puff Practice 3:30-4:30pm Competition Practice 6-8pm	19 POWDER PUFF FOOTBALL GAME @7:00	20 Practice 8-9:30am Competition Practice 6-8pm	21 Homecoming team dinner at 7:00pm	22 Practice 7-8:30am HOMECOMING PARADE RIGHT AFTER SCHOOL Team Lunch 11:55 Football @7 HOMECOMING COMING GAME	23 HOME COMING
24	25 Competition Practice 6-8pm	26 Practice 7-8:30am	27 Competition Practice 6-8pm	28 Practice 7-8:30am	29 Team Lunch 11:55 Football @7	30

OCTOBER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Practice 7-8:30am Competition Practice 6-8pm	3	4 Practice 8-9:30am Competition Practice 6-8pm	5	6 Practice 7-8:30am Team Lunch 11:55 Football @7	7
8	9 Competition Practice 6-8pm	10 Practice 7-8:30am	11 Competition Practice 6-8pm	12 Practice 7-8:30am	13 Team Lunch 11:55 Football @7	14
15	16 Practice 7-8:30am Competition Practice 6-8pm	17	18 Practice 8-9:30am Competition Practice 6-8pm	19 Fall Break	20 Fall Break	21
22	23 Teacher Prep Day No School Competition Practice 6-8pm	24	25 Practice 8-9:30am Competition Practice 6-8pm	26 Dance Company Concert (we perform at)	27 Practice 7-8:30am Dance Company Concert (we perform at) Team Lunch 11:55 Football @7	28
29	30 Competition Practice 6-8pm	31 Practice 7-8:30am				

NOVEMBER

(basketball starts this month but the schedule does not come out until late october, there will be games this month that you will need to go to!)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Teacher Prep Day No School Competition Practice 6-8pm	2	3 Practice 7-8:30am Team Lunch 11:55	4 Competition Practice 8-10am
5	6 Competition Practice 6-8pm	7 Practice 7-8:30am	8 Competition Practice 6-8pm	9 Practice 7-8:30am	10 Team Lunch 11:55	11 Competition Practice 8-10am
12	13 Practice 7-8:30am Competition Practice 6-8pm	14	15 Practice 8-9:30am PARENT PRACTICE AND SHOWCASE 6-8 pm	16	17 Practice 7-8:30am Team Lunch 11:55	18 Competition Practice 8-10am
19 THANKS GIVING BREAK (MORATORIUM NO CHEER)	20 THANKS GIVING BREAK (MORATORIUM NO CHEER)	21 THANKS GIVING BREAK (MORATORIUM NO CHEER)	22 THANKS GIVING BREAK (MORATORIUM NO CHEER)	23 THANKS GIVING BREAK (MORATORIUM NO CHEER)	24 THANKS GIVING BREAK (MORATORIUM NO CHEER)	25 THANKS GIVING BREAK (MORATORIUM NO CHEER)
26	27 Competition Practice 6-8pm	28 Practice 7-8:30am	29 Mandatory Parent Meeting in the Library 5-6pm Competition Practice 6-8pm	30 Practice 7-8:30am		